

04.02.2021 15

, 400m

	4:09.70		BLR	01.01.1984
	4:24.49		BLR	01.01.2019

KMC : 4:44.50 / MC : 4:29.00

: FINA 2020

							100m	200m	300m	400m		
1.		05				4:35.79 630 Q	1:05.99	1:10.57	1:10.38	1:08.85		
	50m:	31.39	31.39	150m:	1:41.12	35.13	250m:	2:51.92	35.36	350m:	4:01.98	35.04
	100m:	1:05.99	34.60	200m:	2:16.56	35.44	300m:	3:26.94	35.02	400m:	4:35.79	33.81
2.		05				4:37.90 616 Q	1:05.70	1:11.74	1:10.07	1:10.39		
	50m:	30.92	30.92	150m:	1:41.37	35.67	250m:	2:53.16	35.72	350m:	4:02.99	35.48
	100m:	1:05.70	34.78	200m:	2:17.44	36.07	300m:	3:27.51	34.35	400m:	4:37.90	34.91
3.		04				4:41.63 591 Q	1:06.31	1:11.89	1:12.16	1:11.27		
	50m:	31.49	31.49	150m:	1:42.03	35.72	250m:	2:54.11	35.91	350m:	4:06.53	36.17
	100m:	1:06.31	34.82	200m:	2:18.20	36.17	300m:	3:30.36	36.25	400m:	4:41.63	35.10
4.		05				4:45.08 570 Q	1:07.65	1:12.53	1:13.73	1:11.17		
	50m:	31.65	31.65	150m:	1:43.69	36.04	250m:	2:57.14	36.96	350m:	4:10.21	36.30
	100m:	1:07.65	36.00	200m:	2:20.18	36.49	300m:	3:33.91	36.77	400m:	4:45.08	34.87
5.		04				4:45.38 568 Q	1:08.10	1:12.70	1:13.14	1:11.44		
	50m:	32.20	32.20	150m:	1:44.19	36.09	250m:	2:57.20	36.40	350m:	4:10.50	36.56
	100m:	1:08.10	35.90	200m:	2:20.80	36.61	300m:	3:33.94	36.74	400m:	4:45.38	34.88
6.		05				4:45.89 565 Q	1:08.27	1:12.72	1:13.39	1:11.51		
	50m:	32.52	32.52	150m:	1:44.76	36.49	250m:	2:57.96	36.97	350m:	4:10.38	36.00
	100m:	1:08.27	35.75	200m:	2:20.99	36.23	300m:	3:34.38	36.42	400m:	4:45.89	35.51
7.		07				4:47.37 557 Q	1:09.15	1:12.57	1:13.93	1:11.72		
	50m:	33.15	33.15	150m:	1:45.24	36.09	250m:	2:58.67	36.95	350m:	4:12.38	36.73
	100m:	1:09.15	36.00	200m:	2:21.72	36.48	300m:	3:35.65	36.98	400m:	4:47.37	34.99
8.		05				4:48.46 550 Q	1:08.59	1:14.48	1:14.91	1:10.48		
	50m:	32.69	32.69	150m:	1:45.52	36.93	250m:	3:00.54	37.47	350m:	4:14.88	36.90
	100m:	1:08.59	35.90	200m:	2:23.07	37.55	300m:	3:37.98	37.44	400m:	4:48.46	33.58
9.		04				4:50.11 541 Q	1:07.47	1:14.31	1:14.82	1:13.51		
	50m:	31.27	31.27	150m:	1:44.49	37.02	250m:	2:59.23	37.45	350m:	4:13.93	37.33
	100m:	1:07.47	36.20	200m:	2:21.78	37.29	300m:	3:36.60	37.37	400m:	4:50.11	36.18
10.		05				4:50.67 538 Q	1:08.85	1:13.96	1:15.54	1:12.32		
	50m:	32.71	32.71	150m:	1:45.60	36.75	250m:	3:00.41	37.60	350m:	4:15.10	36.75
	100m:	1:08.85	36.14	200m:	2:22.81	37.21	300m:	3:38.35	37.94	400m:	4:50.67	35.57
11.		06				4:54.44 517 R	1:08.99	1:15.20	1:16.19	1:14.06		
	50m:	32.73	32.73	150m:	1:46.46	37.47	250m:	3:02.40	38.21	350m:	4:18.14	37.76
	100m:	1:08.99	36.26	200m:	2:24.19	37.73	300m:	3:40.38	37.98	400m:	4:54.44	36.30
12.		07				4:54.92 515 R	1:08.90	1:16.87	1:15.85	1:13.30		
	50m:	31.96	31.96	150m:	1:46.80	37.90	250m:	3:03.48	37.71	350m:	4:19.58	37.96
	100m:	1:08.90	36.94	200m:	2:25.77	38.97	300m:	3:41.62	38.14	400m:	4:54.92	35.34
13.		06				4:55.01 514	1:08.48	1:15.97	1:17.18	1:13.38		
	50m:	32.47	32.47	150m:	1:46.09	37.61	250m:	3:03.33	38.88	350m:	4:19.62	37.99
	100m:	1:08.48	36.01	200m:	2:24.45	38.36	300m:	3:41.63	38.30	400m:	4:55.01	35.39
14.		04				4:55.78 510	1:10.94	1:14.47	1:15.55	1:14.82		
	50m:	34.13	34.13	150m:	1:47.96	37.02	250m:	3:03.00	37.59	350m:	4:18.95	37.99
	100m:	1:10.94	36.81	200m:	2:25.41	37.45	300m:	3:40.96	37.96	400m:	4:55.78	36.83
15.		04				4:56.78 505	1:08.99	1:16.08	1:16.56	1:15.15		
	50m:	32.70	32.70	150m:	1:47.00	38.01	250m:	3:03.32	38.25	350m:	4:19.49	37.86
	100m:	1:08.99	36.29	200m:	2:25.07	38.07	300m:	3:41.63	38.31	400m:	4:56.78	37.29
16.		05				4:57.75 500	1:09.73	1:16.53	1:16.90	1:14.59		
	50m:	32.36	32.36	150m:	1:47.58	37.85	250m:	3:04.73	38.47	350m:	4:21.12	37.96
	100m:	1:09.73	37.37	200m:	2:26.26	38.68	300m:	3:43.16	38.43	400m:	4:57.75	36.63
17.		07				4:59.20 493	1:09.29	1:17.01	1:16.75	1:16.15		
	50m:	32.66	32.66	150m:	1:47.36	38.07	250m:	3:04.49	38.19	350m:	4:21.09	38.04
	100m:	1:09.29	36.63	200m:	2:26.30	38.94	300m:	3:43.05	38.56	400m:	4:59.20	38.11
18.		07				4:59.64 491	1:12.49	1:17.45	1:17.27	1:12.43		
	50m:	34.08	34.08	150m:	1:51.05	38.56	250m:	3:08.84	38.90	350m:	4:24.08	36.87
	100m:	1:12.49	38.41	200m:	2:29.94	38.89	300m:	3:47.21	38.37	400m:	4:59.64	35.56

15,		, 400m						100m	200m	300m	400m	
19.	,	04				5:00.23	488	1:12.15	1:16.86	1:16.69	1:14.53	
	50m:	34.06	34.06	150m:	1:50.85	38.70	250m:	3:07.27	38.26	350m:	4:23.63	37.93
	100m:	1:12.15	38.09	200m:	2:29.01	38.16	300m:	3:45.70	38.43	400m:	5:00.23	36.60
20.	,	04				5:00.42	487	1:11.07	1:16.73	1:17.20	1:15.42	
	50m:	33.67	33.67	150m:	1:49.27	38.20	250m:	3:06.33	38.53	350m:	4:23.77	38.77
	100m:	1:11.07	37.40	200m:	2:27.80	38.53	300m:	3:45.00	38.67	400m:	5:00.42	36.65
21.	,	06				5:00.91	485	1:11.20	1:17.43	1:18.16	1:14.12	
	50m:	33.71	33.71	150m:	1:49.90	38.70	250m:	3:08.01	39.38	350m:	4:25.25	38.46
	100m:	1:11.20	37.49	200m:	2:28.63	38.73	300m:	3:46.79	38.78	400m:	5:00.91	35.66
22.	,	07				5:01.62	481	1:11.41	1:17.70	1:18.45	1:14.06	
	50m:	33.64	33.64	150m:	1:50.11	38.70	250m:	3:08.28	39.17	350m:	4:25.32	37.76
	100m:	1:11.41	37.77	200m:	2:29.11	39.00	300m:	3:47.56	39.28	400m:	5:01.62	36.30
23.	,	06				5:01.66	481	1:10.50	1:16.95	1:18.81	1:15.40	
	50m:	32.71	32.71	150m:	1:48.42	37.92	250m:	3:06.87	39.42	350m:	4:24.47	38.21
	100m:	1:10.50	37.79	200m:	2:27.45	39.03	300m:	3:46.26	39.39	400m:	5:01.66	37.19
24.	,	06				5:02.88	475	1:11.95	1:17.20	1:18.36	1:15.37	
	50m:	33.77	33.77	150m:	1:50.53	38.58	250m:	3:08.72	39.57	350m:	4:25.89	38.38
	100m:	1:11.95	38.18	200m:	2:29.15	38.62	300m:	3:47.51	38.79	400m:	5:02.88	36.99
25.	,	07				5:06.15	460	1:12.58	1:17.60	1:18.80	1:17.17	
	50m:	34.85	34.85	150m:	1:50.87	38.29	250m:	3:09.36	39.18	350m:	4:27.67	38.69
	100m:	1:12.58	37.73	200m:	2:30.18	39.31	300m:	3:48.98	39.62	400m:	5:06.15	38.48
26.	,	05				5:06.62	458	1:09.52	1:17.72	1:19.57	1:19.81	
	50m:	32.79	32.79	150m:	1:48.04	38.52	250m:	3:07.04	39.80	350m:	4:27.14	40.33
	100m:	1:09.52	36.73	200m:	2:27.24	39.20	300m:	3:46.81	39.77	400m:	5:06.62	39.48
27.	,	07				5:06.71	458	1:12.83	1:19.07	1:19.01	1:15.80	
	50m:	34.31	34.31	150m:	1:52.48	39.65	250m:	3:11.29	39.39	350m:	4:29.89	38.98
	100m:	1:12.83	38.52	200m:	2:31.90	39.42	300m:	3:50.91	39.62	400m:	5:06.71	36.82
28.	,	07				5:07.08	456	1:13.82	1:18.18	1:19.08	1:16.00	
	50m:	35.20	35.20	150m:	1:52.89	39.07	250m:	3:11.34	39.34	350m:	4:29.96	38.88
	100m:	1:13.82	38.62	200m:	2:32.00	39.11	300m:	3:51.08	39.74	400m:	5:07.08	37.12
29.	,	04				5:09.37	446	1:12.13	1:18.67	1:20.13	1:18.44	
	50m:	34.35	34.35	150m:	1:51.36	39.23	250m:	3:10.81	40.01	350m:	4:31.66	40.73
	100m:	1:12.13	37.78	200m:	2:30.80	39.44	300m:	3:50.93	40.12	400m:	5:09.37	37.71
30.	,	07				5:19.41	405	1:15.33	1:22.50	1:22.08	1:19.50	
	50m:	35.28	35.28	150m:	1:55.56	40.23	250m:	3:18.32	40.49	350m:	4:40.66	40.75
	100m:	1:15.33	40.05	200m:	2:37.83	42.27	300m:	3:59.91	41.59	400m:	5:19.41	38.75